



BLACK BEAN CHILI

⌚ 75 minutes



8-10 servings

This chili is versatile and can be enjoyed in several ways. Serve it simply as prepared, or pair it with brown rice, whole-grain pasta, or a baked potato to create a fiber-rich and filling meal. This is a perfect recipe for a ready-to-reheat meal for dinner or great to bring in a glass container for your work week.

INSTRUCTIONS

1. In a large pot or Dutch oven, place tomatoes, red peppers, onion, garlic, oregano, and cumin, and cook over medium heat, stirring occasionally, for 20 minutes (the juices from the onion and tomatoes will be enough to keep the sauce from burning)
2. Remove from the heat and let cool for 10-15 minutes. In a blender, in batches, or using a hand blender, blend the sauce until smooth. Return to the pot.
3. Add beans, celery, green pepper, corn, kale or spinach, lemon juice, paprika, chili powder, salt to taste, cilantro, and 2 cups of water to the pot. Bring to a boil over high heat. Reduce the heat to low and simmer until the greens are tender and the chili thickens, 10-15 minutes.
4. Serve hot over steamed grains or with warm tortillas. *

INGREDIENTS

- 3 (15-ounce) cans diced tomatoes, with their juices
- 2 cups red bell peppers, cut into 1/2-inch diced pieces
- 1 cup red onion, finely chopped
- 2 tsp minced garlic
- 4 tsp dried Mexican oregano
- 2 tsp ground cumin
- 2 (15-ounce) cans black beans, drained and rinsed
- 1 (15-ounce) can kidney beans drained and rinsed
- 1 ½ cups finely chopped celery
- 1 cup green pepper, finely chopped
- 1 cup corn
- 2 cups fresh spinach or steamed kale
- ¼ cup cilantro, finely chopped (optional)
- 2 tbsp lemon juice
- 2 tsp smoked paprika
- 2 tbsp chili powder
- sea salt to taste
- 2 cups water

*For storing, cool the chili completely and transfer to an airtight container. Store in the refrigerator for 4-5 days or in the freezer for up to one month.